CyberCycle

User Guide

User Guide

CyberCycle

User Guide p/n 2500.0061.01
Specification subject to change without notice.

Trademark

Blue Goji, LLC
4201 South Congress Ave.
Suite #323
Austin, TX 78745

1-888-528-8589

bluegoji.com

Important: Save these instructions for future reference.

⚠️ **CAUTION: Any changes or modifications to this equipment by other than authorized personnel will void the product warranty.** While every attempt was made to verify the information in this document at the time of writing, the information in this document is provided "as is" without warranty of any kind and is subject to change without notice.

RECOMMENDED USAGE

The Bike is designed for Riders up to 400 lbs (181 kg).
The Bike is designed for adults from 4'10" – 6'4" (147 – 193 cm).
Power requirement 100-240V   50/60HZ   3A
Usage class SC

FUSE: Unit is equipped with two fuses. If a fuse should need to be replaced, replace with a 5A 5x20 slow blow fuse.

Safety Instructions

Precautions

Read all instructions for installing and using the equipment prior to use of this equipment.

Consult with your doctor or physician before beginning any exercise program, particularly if you have or suspect any sort of medical condition that might be worsened by exercise.

Equivalent notice of above in French for Canadian market:

Consultez votre médecin ou votre médecin avant de commencer un programme d'exercices, en particulier si vous avez ou soupçonnez une sorte de maladie qui pourrait être aggravée par l'exercice.

Pregnant women should also consult their doctor before beginning a training program.

The equipment is not to be used by children or others unfamiliar with the operation of this equipment unless they have been given instruction or are supervised.

Developmentally-challenged individuals must be monitored while using the equipment.

User's should wear appropriate clothing and shoes with rubber or high-traction soles while using equipment. Do not use the bike with loose clothing, long shoelaces, shoes with heels, leather soles, cleats, spikes or bare feet.

Health-related injuries may result from incorrect or excessive use of exercise equipment. Interactive Fitness also recommends consulting a fitness professional on the correct use of this product.

Never place containers filled with liquids directly on the unit, except in the water bottle holders. Containers should be covered with lids.

Carefully mount the bike when starting to exercise and dismount carefully when you're finished, especially if you are tired.

⚠ WARNINGS

⚠ **WARNING!** Heart rate monitoring systems on this equipment may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

Equivalent notice of above in French for Canadian market:

Les systèmes de surveillance de la fréquence cardiaque de cet équipement peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, faites de l'exercice immédiatement.

⚠ ⚡ ⚙ Never remove the plastic covers on your bike. This may expose you to risk of shock, or pinch hazard. Contact Customer Support for service needs.

⚠ ⚡ To reduce the risk of electrical shock, always unplug the bike before attempting any maintenance activity.

⚠ ⚡ If the power cord is damaged, it must be replaced with an equivalent rated power cord, use a qualified person to do the replacement to avoid a hazard.

⚠️ **CAUTION**

Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.

Never operate the bike with the air vents blocked. Keep air openings free of lint, hair or any obstructing materials.

Do not use this product in areas where aerosol spray products are being used or where oxygen is administered. Such substances create the danger of combustion and explosion.

Never face backward while using the bike.

INSTALLATION PRECAUTIONS

Do not exceed 5 bikes per circuit.

⚠️ To reduce risk of burns or shocks, always use grounded (three prong) power cords only.

Installation spacing in relation to other objects

Minimum spacing shall be maintained for movement around and use of the equipment. A minimum of 0.5m (20 in.) on at least one side and minimum of 1.0m (39 in.) to the rear of the unit.

The exercise bike must be installed on a solid level surface.

Do not install the bike outdoors, near swimming pools or in areas of high humidity.

Surge Protection Requirements

⚠️ **It is highly recommended to install a Surge Suppression device** when installing a bike in order to protect the bike's computer from AC power events that may cause damage to the electronics of the bike. An AC Surge Suppressor wall adapter is a good option.

The warranty is void if the product is used without surge protection.

Please choose a surge protection unit that satisfies the following requirements.

AC Suppression joule rating Minimum 400 joules (Higher is better.)

Let-through voltage Maximum 330 volt (Lower is better.)

SAFETY APPROVALS

TUV Rheinland of North America

FCC part 15

Product contains wireless device *Intel AC3160 3160hmw*
FCC ID: PD93160H
IC 1000M-3160H
Industry Canada, the module meets certification labeling requirements for Category I
Equipment.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Installation and use of this Wireless LAN device must be in strict accordance with the instructions included in the user documentation provided with the product. Any changes or modifications (including the antennas) made to this device that are not expressly approved by the manufacturer may void the user's authority to operate the equipment. The manufacturer is not responsible for any radio or television interference caused by unauthorized modification of this device, or the substitution of the connecting cables and equipment other than manufacturer specified. It is the responsibility of the user to correct any interference caused by such unauthorized modification, substitution or attachment. Manufacturer and its authorized resellers or distributors will assume no liability for any damage or violation of government regulations arising from failing to comply with these guidelines.

CAUTION! To maintain compliance with FCC's RF exposure guidelines, this equipment should be installed and operated with a minimum distance [20cm] between the radiator and your body. Use on the supplied antenna. Unauthorized antenna, modification, or attachments could damage the transmitter and may violate FCC regulations.

CAUTION! Any changes or modifications not expressly approved in this manual could void your authorization to use this device.

MPE Statement

Your device contains a low power transmitter. When the device is transmitted it sends out a Radio Frequency (RF) signal.

FCC Radio Frequency Exposure

This Wireless LAN radio device has been evaluated under FCC Bulletin OET 65C and found compliant to the requirements as set forth in CFR 47 Sections 2.1091, 2.1093, and 15.247(b)(4) addressing RF Exposure from radio frequency devices. The radiation output power of this Wireless LAN device is far below the FCC radio frequency exposure limits. Nevertheless, this device shall be used in such a manner that the potential for human contact during normal operation – as a mobile or portable device but use in a body-worn way is strictly prohibit. When using this device, a certain separation distance between antenna and nearby persons has to be kept to ensure RF exposure compliance. In order to comply with the RF exposure limits established in the ANSI C95.1 standards, the distance between the antennas and the user should not be less than [20cm].

RF Exposure

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

User Instructions

Get to Know your Bike

1 25.5 inch Touchscreen

2 Motion Control Handlebars

3 Heart Rate Sensors

4 Shifters / Resistance Control

5 Phone Tray

6 Aux Panel

7 Water Bottle Holders

8 Seat Slider

9 Multi-Purpose Pedals

10 Control Panel

Control Panel

The control panel can be found in the front of your CyberCycle near the base of the frame. This is where you will connect your power cord and internet cable if you have chosen to hard wire your bike. The main power switch and reset button are also located on the control panel as well as a USB port. After setting up your bike initially you should rarely need to access the control panel.
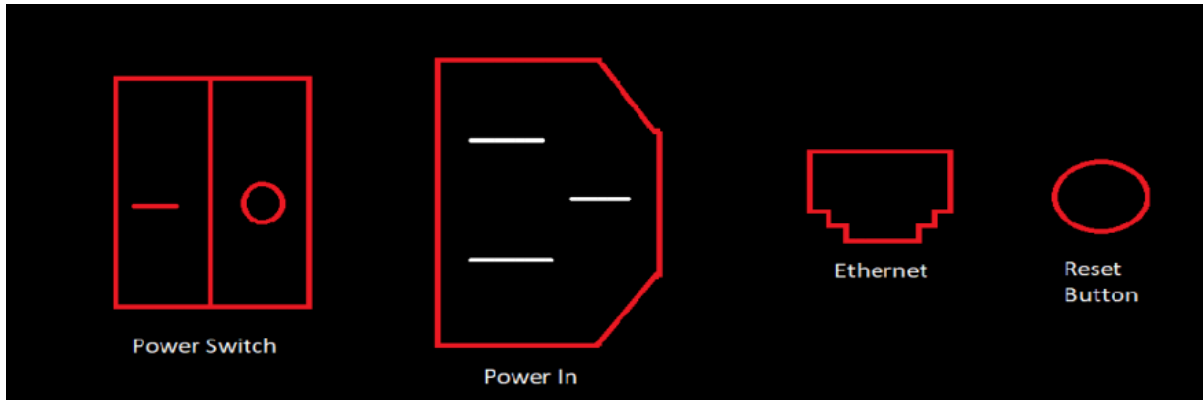
Aux Panel

The Aux panel is conveniently located at the base of your touchscreen on the right hand side. Here you will find your headphone jack for working out with audio and a USB port for phone charging.
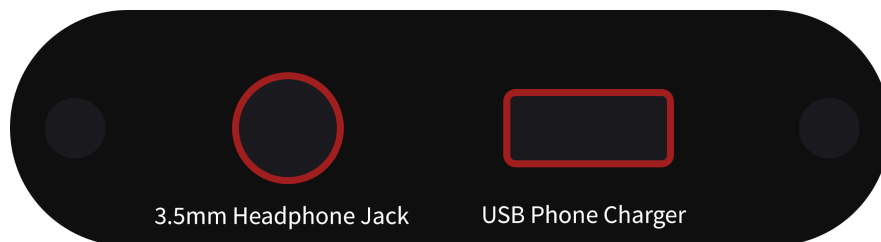
Water Bottle Holders

Your CyberCycle comes with dual water bottle holders because hydration is key! Studies have shown that surprisingly low fluid losses can significantly affect your ability to ride. Riders should aim to take 2-3 good sized gulps from your bottles every 10-15 minutes.

Phone Tray

The oversized phone tray is designed to support large devices in both the vertical and horizontal position. The tray is angled for optimal access while riding.

Pedals

Your CyberCycle pedals are counterbalanced making it easy to get in. Non slip ridges and heel cups keep feet from slipping out. Your CyberCycle also comes with optional pedal straps for extra support.

Seat

Do not adjust the seat while seated. To adjust the seat, pull up on the adjustment bar below the seat cushion and move the seat forward and backward on the seat slider. Once the seat is adjusted and the rider sits down the knees should be extended but not locked at any point during the pedal stroke.

Touchscreen

Your CyberCycle comes with a 26.5 inch high definition touchscreen display. The glossy finish provides the best possible image quality. Roads, games, and videos playback in full 1080p so you can completely immerse yourself in your workout.

Cleaning Instructions

In most cases, you will need nothing more than a small dry microfiber towel to clean your screen. Rub gently on any fingerprints or smudges to remove them. If fingerprints persist, use pre-moistened screen cleaning wipes to finish the job. Do not spray liquid on your screen or use rough materials to wipe your screen.

Handlebars

The state of the art handlebars on your CyberCycle turn left and right driving your experience on screen and making each ride unique. Pull the right handlebar up to turn left and press down to turn right and vice versa for the left handlebar. Heart rate sensors are conveniently placed for your hands while riding. Press the red buttons with your thumbs to shift gears and control your resistance.

Network Connection

Your CyberCycle does not have high bandwidth requirements. A standard high-speed connection can support multiple bikes. Your CyberCycle does need a stable internet connection. This diagram outlines the most common ways to connect your bike. For advanced configurations please contact customer service.
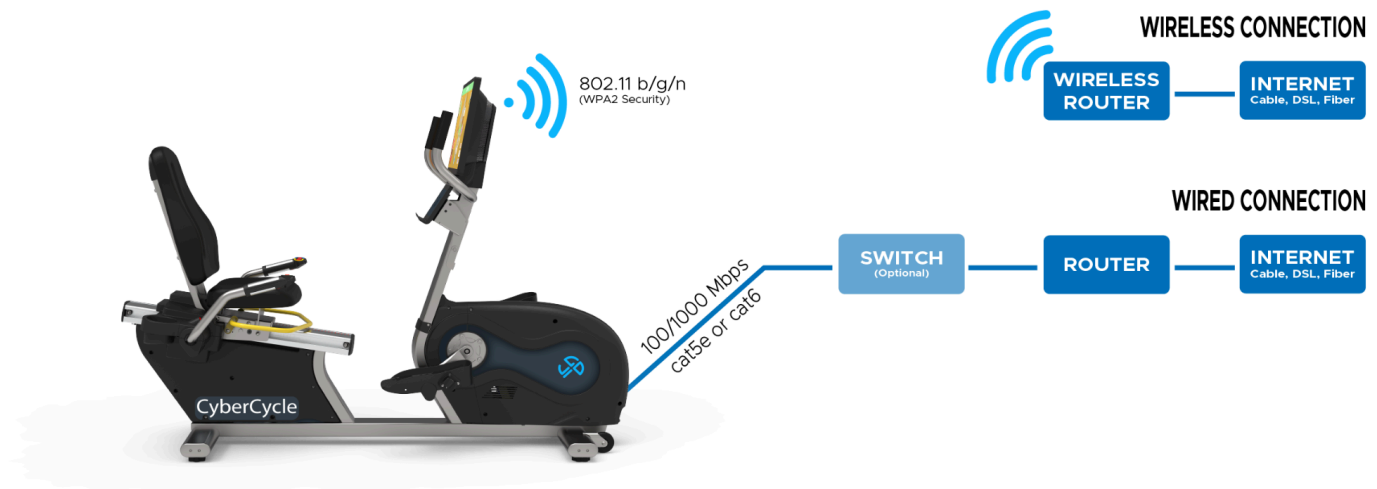
Software Setup

Internet Settings

The Expresso Bike can connect to the internet via Ethernet or WiFi. To connect to wifi, click the lower wifi icon and select the preferred wifi you want to connect to by typing in the password.
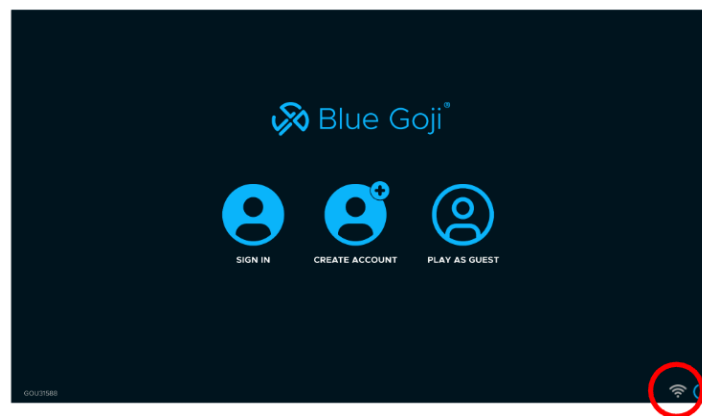
Bike Registration

Bike registration is done before shipment of the bike. The registration of the bike includes the name and contact information for the owner of the bike as well as where the bike is located. The location of the bike determines which organization it is associated with. When there is a change of ownership, the bike registration must be reset with the assistance of Blue Goji's Customer Support. Please reach out for more details.

GojiPlay®

Let the fun begin! Your GojiPlay® Membership includes a wide variety of games, challenges, and content to keep your riders engaged, motivated, and connected to your community. Visit bluegoji.com for the most up to date information on your membership options.

Features included in GojiPlay®

Blue Goji Basic
Expresso Roads & Games
5 Blue Goji Games
Manual Rides
Personal Data Community

New User Creation

Users may create their own account or play as a guest to use the Expresso Bike. As a guest, none of their game data will be saved.
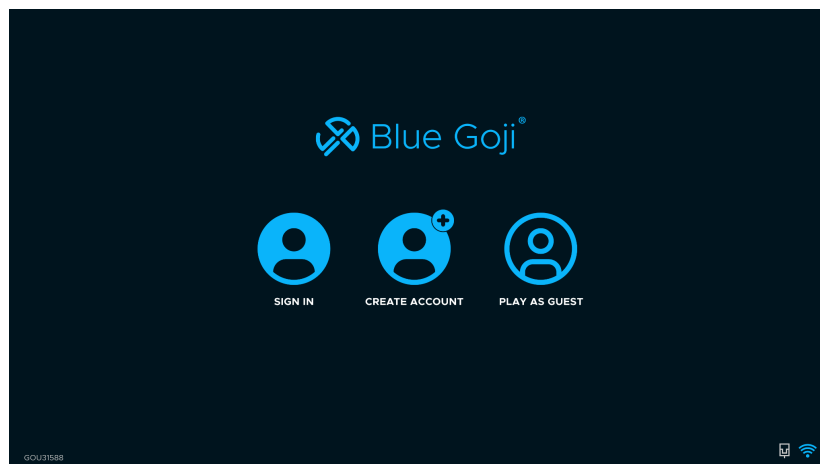
When creating a new account, the user will be required to input their first and last name, email, username, and password. Creating an account allows the user's fitness data to be automatically saved on Blue Goji servers and later allows users to access a summary of their fitness data on the mobile app.

Advanced Configuration

After completing the setup of your Bike, your Bike Settings can be accessed from the main menu by clicking on the gear icon in the bottom right corner. To view or update your settings you will need to enter the following access code: 7913. After the access code has been inputted, you will have to re-enter the access code after 5 minutes.

The following advanced settings can be adjusted through the Bike Configuration card in the Bike Settings:

Calibrate Steering

Follow the directions on screen to calibrate the steering with the handlebars.

Idle Timeout

By default the Expresso Bike will timeout after 60 seconds with no activity. Adjust the slider to your preference.

Expresso RiderID

Every bike has the default Expresso RiderID of 1 . In the setting menu, you can change the RiderID of each bike to be 1-30. This RiderID is what will appear on screen for the rider of this bike during group rides in the Expresso Rides Game. It is recommended that you assign a unique ID to each bike in multi-bike installations by adjusting the slider.

Upload Log Files

After a user exits a game and returns to the homescreen, the data for that game will be automatically uploaded to the Blue Goji server.

Updating GojiPlay® and Games

Every night from 0:00 - 4:00 AM (corresponding to your timezone), your Expresso Bikes will update to the latest version of GojiPlay® and latest version of the games on your machine as long as it is connected to the internet. In the case that the Expresso Bike was not connected via the internet during the night, you may manually update the GojiPlay® and the Games through the settings page. Clicking their corresponding buttons will immediately make the Expresso Bike start searching for an update.

Customer Service

Phone Number	1-888-528-8589 x 2
Email	support@bluegoji.com
Customer Service Hours	6:30 am - 4:00 pm (PST) Monday through Friday

When contacting Blue Goji, please provide your facility name, contact person, phone number, and the serial number of your bike.